 <p>POINT LOMA NAZARENE UNIVERSITY</p>	<p>COLLEGE OF HEALTH SCIENCES ATR6010 - Therapeutic Interventions (3 Units) ATR6010L - Therapeutic Interventions Lab (1 Unit) Course Information Wednesday Lecture: Hybrid Learning, 8-8:30 am Lab: 8:30am - 12:30pm Balboa Regional Center, Room 152 & HPC</p>
<p style="text-align: center;">Fall 2024</p>	

INSTRUCTOR INFORMATION

	<p>Instructor: Ross Brunett, DPT, PT, ATC</p> <p>Email: rbrunett@pointloma.edu</p> <p>Office Hours: By appointment: https://calendar.app.google/zY2mKvzpYWYyA1o5t6</p> <p>Mondays 8am -12pm, Wednesdays 1-3pm, Thursday 9am -1pm.</p>
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PLNU MISSION

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

COURSE DESCRIPTION

ATR6010

This course will provide graduate level athletic training students with the knowledge and skills required to appropriately and effectively use exercise to promote healing, return to optimal function, and enable peak performance in the athletic population. Students will explore the theory and practice behind multiple therapeutic techniques to restore human function. Students will have the opportunity to integrate functional rehabilitation strategies, multiple manual therapy techniques, proprioceptive neuromuscular facilitation, and applied biomechanics to create specific rehabilitation protocols for some of the most common orthopedic pathologies. To be successful in this course, students must synthesize information presented in lecture and laboratory and apply it to the clinical setting.

ATR 6010 Lab

This course is designed to allow students to apply and integrate their didactic knowledge during a laboratory setting. Students will learn to apply all of the therapeutic interventions learned in class to patients in clinical settings.

PROGRAM LEARNING OUTCOMES (PLO)

The Point Loma Nazarene University MS-AT graduate will be able to:

1. Demonstrate the knowledge and skills required to become a certified athletic trainer.
2. Critically evaluate and integrate the best available evidence for clinical decision making.
3. Deliver new evidence that is intended to change clinical practice to various healthcare communities through scholarly research presentations and symposiums.
4. Describe the importance of collaborating with multiple healthcare professionals and diverse patient populations to improve patient care.
5. Demonstrate preparedness for their vocation and calling.

COURSE LEARNING OUTCOMES (CLO)

The following learning outcomes will be achieved by students in this course:

1. Demonstrate the ability to perform objective measures to determine the level of function of a patient, the prognosis for recovery and the appropriateness of the therapeutic intervention. (CAATE#60,69,87)
2. Integrate patient-reported outcome measures to aide in the rehabilitative decision making. (CAATE#69,80,87)

3. Perform functional assessments to guide decision making and the creation of specific goals. (CAATE#60,69,80,87)
4. Explain indications and contraindications for exercise after injury. (CAATE#73)
5. Explain indications and contraindications for manual therapy techniques after injury. (CAATE#73)
6. Create functional exercise progressions with appropriate goals in a therapeutic exercise program. (CAATE#60,73,80,82)
7. Integrate sport specific exercises and complex movements in a therapeutic exercise program. (CAATE#60,69,73,80,82)
8. Demonstrate the ability to create a comprehensive rehabilitation program that includes movement assessment, movement interventions, and functional return to play testing. (CAATE#60,69,73,80,82)

CAATE STANDARDS

Standard 60

Use the International Classification of Functioning, Disability, and Health (ICF) as a framework for delivery of patient care and communication about patient care.

Standard 69

Develop a care plan for each patient. The care plan includes (but is not limited to) the following:

- Assessment of the patient on an ongoing basis and adjustment of care accordingly
- Collection, analysis, and use of patient-reported and clinician-rated outcome measures to improve patient care
- Consideration of the patient's goals and level of function in treatment decisions
- Discharge of the patient when goals are met or the patient is no longer making progress
- Referral when warranted

Standard 73

Select and incorporate interventions (for pre-op patients, post-op patients, and patients with non surgical conditions) that align with the care plan. Interventions include (but are not limited to) the following:

- Therapeutic and corrective exercise
- Joint mobilization and manipulation
- Soft tissue techniques
- Movement training (including gait training)
- Motor control/proprioceptive activities
- Task-specific functional training
- Therapeutic modalities
- Home care management
- Cardiovascular training

Standard 80

Develop, implement, and assess the effectiveness of programs to reduce injury risk.

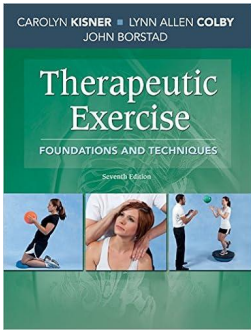
Standard 82

Develop, implement, and supervise comprehensive programs to maximize sport performance that are safe and specific to the client's activity.

Standard 87

Select and use biometrics and physiological monitoring systems and translate the data into effective preventive measures, clinical interventions, and performance enhancement.

REQUIRED TEXT & RECOMMENDED RESOURCES

	<p>Therapeutic Exercise: Foundations and Techniques, 7th Ed (Links to an external site.)</p> <p>Kisner, Colby, Borstad</p>
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COURSE CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 3-unit (lecture) and 1-unit (lab) class delivered over 15 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request.

ASSIGNMENTS AT-A-GLANCE

Assignment Name	Number	Points	Knowledge Assessed
Online Lectures			
Hybrid Learning Online Lectures	14	0	Class Preparation & Participation
Exams & Quizzes			
Review Quiz - Mobility & Stability	1	0	In Class Quiz
Foot & Ankle	1	10	In Class Quiz

Knee	1	12	In Class Quiz
Hip	1	10	In Class Quiz
LE Kinetic Chain & RTP	1	14	In Class Quiz
LE Post-Op Rehab	1	10	In Class Quiz
Lumbar Spine & SIJ	1	10	In Class Quiz
Cervical Spine & Head	1	10	In Class Quiz
Shoulder	1	10	In Class Quiz
Elbow, Wrist & Hand	1	8	In Class Quiz
UE Post-Op Rehab & RTP	1	10	In Class Quiz
Assignments			
Concave-Convex Rule Video Recap	1	34	Online Video Submission
PNF Video Assignment	1	35	Online Video Submission
In Class Surveys			
Midterm Feedback Survey	1	10	In Class Survey
Consent Form for Class Manipulations	1	0	In Class Form
Capstone Assignments			
Midterm - Written POC	1	105	Online
Midterm - Video POC	1	48	Online Video Submission
Final - Written POC	1	105	Online
Final - Video POC	1	48	Online Video Submission
Points Total		489	

Assignment Details

Quizzes (10-14 pts each)

Multiple choice and select questions that are designed to assess your content knowledge following the lecture and prior to lab based learning. These are designed to prepare students for the board of certification examination.

Written POC (Midterm & Final 105 pts each)

Written 3-part plan of care project based off individual case studies creating, progressing and discharging a patient based off either lower extremity, spine or upper extremity injury management knowledge. This assignment addresses CAATE standards # 60, 69, 73, 80 & 82.

Video POC (Midterm & Final 48 pts each)

Filmed physical demonstration and instruction of 3-part plan of care project based off individual case studies creating, progressing and discharging a patient based off either lower extremity, spine or upper extremity injury management knowledge. This assignment addresses CAATE standards # 60, 69, 73, 80 & 82.

Concave-Convex Rule Video Recap (34 pts)

Filmed demonstrated understanding of foundational concepts guiding the body's osteokinematic and arthrokinematic motions as learned in the class lecture, directly translating into respective therapeutic intervention. This assignment addresses CAATE standard #73.

PNF Video Assignment (35 pts)

Partner based filmed demonstrated understanding of foundational concepts guiding Proprioceptive Neuromuscular Facilitation (PNF) treatment. Knowledge from the class lecture content is applied to individual cases to determine and justify specific PNF based therapeutic interventions. This assignment addresses CAATE standard #73.

ASSESSMENT AND GRADING

Course Assignment Distribution	Grade Scale
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<ul style="list-style-type: none"> ● Discussion Boards - 50 pts ● Misc Assignments: 75 - 100 pts ● Quizzes - 100 pts ● Projects - 250 pts ● Exams - 350 pts 	A = 93-100	C = 73-76
	A- = 92-90	C- = 70-72
	B+ = 87-89	D+ = 67-69
	B = 83-86	D = 63-66
	B- = 80-82	D- = 60-62
	C+ = 77-79	F = 0-59

Students must complete the required program hours in the major (program) from Point Loma Nazarene University with a minimum grade of “C” in each course and an overall 2.00 grade point average.

Grading System

Traditional letter grades (A, B, C, D, F) including plus and minus grades are used to indicate the level of scholarship earned for each course. Except for the correction of an error, all traditional letter grades are final at the conclusion of the academic term. Once the degree has been posted on the student’s official transcript, no change of grade action is allowed for courses leading to the degree. The grade of C is the lowest grade acceptable for graduate credit.

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

PLNU SPIRITUAL CARE

PLNU strives to be a place where you grow as whole persons. To this end we provide resources for our graduate students to encounter God and grow in their Christian faith. At the Balboa campus we have an onsite chaplain, Rev. Kevin Portillo who is available during class break times across the week. If you have questions, desire to meet with Rev. Portillo or prayer requests you can contact him directly at KevinPortillo@pointloma.edu.

PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

PLNU ACADEMIC HONESTY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See the [Academic Honesty PolicyLinks to an external site.](#) in the Graduate and Professional Studies Catalog for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMMODATIONS POLICY

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

SEXUAL MISCONDUCT AND DISCRIMINATION

Point Loma Nazarene University faculty are committed to helping create a safe learning environment for all students. If you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that help and support are available through the Title IX Office at [pointloma.edu/Title-IXLinks to an external site.](#). Please be aware that under Title IX of the Education Amendments of 1972, it is required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at counselingservices@pointloma.edu or find a list of campus pastors at [pointloma.edu/title-ixLinks to an external site.](#)

PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all **synchronous** class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. In some courses, a portion of the credit hour content will be delivered **asynchronously** and attendance will be determined by submitting the assignments by the posted due dates. See [Academic PoliciesLinks to an external site.](#) in the Graduate and Professional Studies Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

Asynchronous Attendance/Participation Definition

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

Face-to-Face Courses

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See [Academic PoliciesLinks to an external site.](#) in the Graduate and Professional Studies Catalog for additional detail.

TENTATIVE SCHEDULE

Therapeutic Interventions Lecture and Lab Calendar			
Week	Lecture	Assignments and Reading	Lab
Clinical Immersion: Online Class Only			

1	Mobility: ONLINE - Clinical Immersion	Concave-Convex Rule Video Recap Textbook Chapter 3-5	NA
2	Stability: ONLINE - Clinical Immersion	PNF Video Assignment Textbook Chapter 6,	NA
Hybrid Class: Overview & Lower Extremity			
Week	Lecture	Assignments and Reading	Lab
3	Rehab Overview	Review Quiz (In Class) - Mobility & Stability (No Credit) Textbook Chapter 3-6, 8, 10-11	NA
4	Foot & Ankle	Prep - Foot & Ankle Online Lecture Textbook Chapter 22 Quiz (In Class) - Foot & Ankle	Foot & Ankle
5	Knee (Tendinopathy Extra Focus)	Prep - Knee Online Lecture Textbook Chapter 21 Quiz (In Class) - Knee	Knee
6	Hip (Strains & Bursitis Extra Focus)	Prep - Hip Online Lecture Textbook Chapter 20 Quiz (In Class) - Hip Midterm Access Opens	Hip

7	LE Kinetic Chain & Return to Play	Prep - LE Kinetic Chain & Return to Play Online Lecture Textbook Chapter ????? Quiz (In Class) - LE Kinetic Chain & Return to Play	LE Kinetic Chain & Return to Play Testing (Guest Presenter: S&C)
8	LE Post-Operative Rehab	Midterm Written & Video Project Due Prep - LE Post-Operative Rehab Online Lecture Textbook Chapter 12 Quiz (In Class) - LE Post-Operative Rehab Midterm Feedback Survey	LE Post-Operative Rehab
Hybrid Class: Spine & PNS			
9	Lumbar Spine & SIJ (Lower Quarter Peripheral Nerve Disorders Extra Focus)	Prep - Lumbar Spine & SIJ Online Lecture Textbook Chapter 13-16 Quiz (In Class) - Lumbar Spine & SIJ	Lumbar Spine & SIJ
10	Cervical Spine & Head (Upper Quarter Peripheral Nerve Disorders Extra Focus) (Concussion & Vestibular Rehab Extra Focus)	Prep - Cervical Spine & Head Online Lecture Textbook Chapter 13-16 Quiz (In Class) - Cervical Spine & Head	Cervical Spine & Head

Hybrid Class: Upper Extremity & Recap			
11	Shoulder	Prep - Shoulder Online Lecture Textbook Chapter 17 Quiz (In Class) - Shoulder	Shoulder
12	Elbow, Wrist & Hand (Manipulations Extra Focus)	Prep - Elbow, Wrist & Hand Online Lecture Textbook Chapter 18, 19 & 16 Quiz (In Class) - Elbow, Wrist & Hand Consent Form for Class Manipulations	Elbow, Wrist & Hand + Special Topic: Manipulations (Guest Lecturer: Doctor of Chiropractics)
13	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break
14	Torso	Prep - Torso Online Lecture Textbook Chapter 14-16 No Quiz Final Project Access Opens	Torso
15	UE Post-Operative Rehab & Return to Play	Prep - UE Post-Operative Rehab & Return to Play Textbook Chapter 12 Quiz (In Class) - UE Post-Operative Rehab & Return to Play	UE Post-Operative Rehab & Return to Play

16	Semester Recap	Final Written & Video POC Project Due Review Activity	NA
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